

~~Administrative - Internal Use Only~~

6 November 1981

MEMORANDUM FOR: Chief, Benefits and Services Division,
Office of Personnel

FROM:

Office of Data Processing

SUBJECT: Curtailment of Fitness Room Hours

1. As you know, it was recently announced that the Fitness Room in Headquarters would no longer be available from 1900-2030 hours. The rationale provided was a change in hours for the cleaning force. I have been continually using the fitness facility since 1970, on an average of four evenings per week. In my experience, on a typical evening, at least five to ten people use the facility from 1900 to 2030. These are individuals who work late or individuals on late shifts. They are men and women of all grade levels. I know that this change in schedule represents a significant inconvenience and a real disappointment to both myself and this group of fellow employees.

2. The Fitness Room is a rather modest and inexpensive facility, but it has the advantage for Agency employees of convenience and a congenial atmosphere. I have always viewed it as a significant benefit of Agency employment. For many of us it is difficult to reschedule our hours. We do not have the luxury of using the facility during the day. All that we ask is that some accommodation be made to meet our needs. We too want a clean, well-maintained Fitness Room (something that has been sorely missing in the past), but request that some adjustment be made in the hours of the cleaning crew. I'd prefer uninterrupted hours to 2000 but would accept 1930. Can anything be done? I'd appreciate any help you can provide, since I understand you administer the facility. If I can be of any assistance, I may be reached on and my mailing address is 2D0105, Hqs.

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Approved For Release 2003/11/06 : CIA-RDP85-00375R000400110049-4

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ORD-1400-81

23 November 1981

MEMORANDUM FOR: Chief, Benefits and Services Division,
Office of Personnel

FROM:
Office of Research and Development

SUBJECT: Reduction in Fitness Room Hours

1. I am most disturbed at the recent descision to close the fitness room in Headquarters at 7:00 p.m. I have offices in both Ames and Building and, like many others, commute to Headquarters each evening after working hours to use the indoor track and the exercise room. I have been doing this for the last ten years, and am a long standing member of EAA. It is generally accepted that for exercise to be of benefit, it must be conducted for at least one hour on three days a week. I feel that this is not possible for those of us who commute to Headquarters in the evening if we are to be out of the dressing room (with shower) by 7:00 p.m. Just last evening, a friend was forced to forgo the shower and dress in the car because of the 7:00 p.m. requirement. I'm afraid it will be a long cold winter for many of us who do not have the luxury of using these facilities during the day.

2. I would like to add that I feel the EAA and, in particular, the fitness room facilities are of great benefit to my agency employment and, for that, I am certainly appreciative. I just hope this decision for curtailment of hours was not made out of hand, but reflects a thorough consideration of the impact on those of us who must commute in the evening.

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